

10 herbs that heal

Hang this poster in your pantry for food pairings that will help you breeze through sick season

Coughing?

ADD ROSEMARY

The eucalyptol in this aromatic herb is study proven to loosen chest congestion, making phlegm easier to expel. Plus, rosemary is rich in anti-inflammatory tannins, which soothe a sore throat.

Pairs well with: white beans, chicken, Brie cheese, roasted meats and poultry, potatoes, polenta, apples

Menstrual cramps?

ADD OREGANO

Enjoying 2 tsp. of fresh oregano daily during menstruation reduces or eliminates cramps, according to a Greek study. That's because this herb's thymol and carvacrol relax uterine muscles to prevent painful contractions.

Pairs well with: mushrooms, tomato sauce, olives, summer squash, fish

Upset GI tract?

ADD DILL

Indian scientists found that dill's limonene works as well as prescription antibiotics at killing harmful intestinal bacteria such as E. coli.

Pairs well with: salmon, eggs, cucumbers, chicken, Cheddar cheese, mixed greens, clear soups, cream cheese, beets, carrots

Congested?

ADD CAYENNE

The fiery capsaicin in cayenne deactivates substance P, a neurotransmitter linked to inflammation. The result: less sinus congestion and pressure.

Pairs well with: root vegetables, roasted poultry, rice, chocolate, leafy greens, shrimp, eggs, popcorn, grilled-cheese sandwiches, beans, creamy soups

Always tired?

ADD CILANTRO

The carboxylic acid in cilantro binds to heavy metals such as mercury in the blood and carries them out of the body. Their removal reverses the toxin buildup that causes chronic fatigue, joint pain and depression.

Pairs well with: avocados, seafood, corn, black beans, steak

Crampy tummy?

ADD MINT

Peppermint contains menthol, a natural plant compound that relaxes pain-inducing intestinal spasms. This reduces belly discomfort by 40 percent, according to German researchers.

Pairs well with: eggplant, tomatoes, lamb, green peas, melon, couscous, hot and cold beverages

Achy joints?

ADD CURRY POWDER

The curcumin in curry inhibits the body's production of prostaglandin E2, an inflammatory compound that over-sensitizes nerves. This blunts joint and muscle pain as effectively as prescription medications.

Pairs well with: lentils, mangoes, rice, cauliflower, spinach

Bloated?

ADD PARSLEY

Thanks to its stores of apiof and myristicin, parsley is a natural diuretic that relieves bloat-inducing water retention by preventing salt from being reabsorbed into bodily tissue.

Pairs well with: grains, onions, Parmesan cheese, pasta, salads, seafood, tomatoes

Feeling down?

ADD BASIL

The eugenol and rosmarinic acid in basil boost the brain's production of dopamine and serotonin. According to Indian researchers, this could lead to sunnier moods in as little as three days.

Pairs well with: tomatoes, olives, strawberries, melon, fresh mozzarella, pizza, pasta, white fish, feta cheese

Nauseous?

ADD GINGER

Ginger's gingerol and shogaol calm digestive-tract spasms to reduce nausea better than motion-sickness drugs, according to a study at Brigham Young University in Provo, Utah.

Pairs well with: citrus fruit, tea, sweet potatoes, pork, coconut, miso soup, onions, relishes, pears, rice

Natural Remedy With Herbs And Spices Volume 2

Ying-Ying Zheng



Natural Remedy With Herbs And Spices Volume 2:

Decoding **Natural Remedy With Herbs And Spices Volume 2**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Natural Remedy With Herbs And Spices Volume 2**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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